

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
10:00–11:30	FE-2	Physical exercise (RED)
10:30–11:30	FE-1	Physical exercise (TVIS)
10:45–11:25	CDR	Maintenance of ? ? ?
11:25–12:25		Physical exercise (TVIS)
11:30–13:00	FE-1	Physical exercise (RED)
12:25–12:30	CDR	Calldown of ? ? counter data
12:30–12:35		Calldown of ? ? ? water supply data
12:45–13:00	FE-2	UF1 payload status check
13:00–14:00		LUNCH
14:45–15:00	FE-1	Private psychological support conference (S-band)
15:00–15:15	FE-2	
16:20–16:40		Videoconference (Ku + S-band). Private family conference
16:30–18:00	CDR	Physical exercise (VELO+RED)
17:10–18:10	FE-2	Physical exercise (TVIS)
18:10–18:25		Daily plan review
18:25–18:40		Daily planning conference (S-band)
18:45–19:00		Daily plan review
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes:

1. See OSTP for references to US activities
2. CDR: URAGAN Earth observations, HDTV (Task List)

End of radiogram